



Keep your home and visitors safe from poisons

by Denise **MEALY**
DCHD Community Health

“A poison is anything someone eats, breathes, gets in the eyes or on the skin that can hurt or even cause death if it gets into or on the body,” the Utah Poison Control Center’s website states.

Protect your grandchildren from poisonous items and help you to feel more relaxed while they visit by safely storing all medications, over-the-counter medicines, cleaning chemicals, and dangerous garage substances.

“Be smart, lock up poisons” is the theme for National Poison Prevention Week coming up March 18-24. Always keep the Poison Control telephone number close to your phone in case you need it. It is 1-800-222-1222.

“Recent studies have shown that between 10 and 20 percent of all unintentional poisonings among young children in the U.S. involve a grandparents’ medication,” according to poison control’s website. “Most of these poisonings occurred when medicine was left on a table or countertop, on low shelves, or in a purse or pocketbook.”

Children often can’t tell the difference between candy and pills. They also are curious and want to taste everything. Leaving your prescriptions’ safety lids off, dropping pills and not finding them, or putting them in easy to open containers can allow your grandchildren to overdose on your medications. This could be harmful to them or even cause death. Putting chemical liquids

“Be smart, lock up poisons.”
— Theme for National Poison Prevention Week

into other bottles can be dangerous even if they are marked, because younger children may not be able to read and drink it thinking it looks like punch or juice.

Anyone who is taking more than one prescription needs to make sure they can be taken together. Your pharmacist, doctor, or even the Utah Poison

Control Center can help you know for sure. When a prescription is given, a Warnings Section is provided. This will include what the medication has been given for, side effects, and the dosage. It also will explain what other medications and over-the-counter medicines should not be taken with it safely. Some medications, when taken

with other things, can lead to poisonings and medicines not working correctly.

Opioids are prescribed to control pain, especially for after surgery. When you take opioids, they can make you feel sleepy, but they also can slow your heart rate and your breathing. Some people

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Medicare 101 class scheduled

Davis County Health Department’s Senior Services offers a free one hour class about Medicare options, enrollment, and benefits.

If you are turning 65 or preparing to retire, please join us on Wednesday, March 14,

6:30-7:30 p.m., at the Centerville Library (45 S. 400 W., Centerville).

For more information about upcoming Medicare 101 classes, contact Jackie Smith at 801-525-5082 or jmsmith@daviscountyu-tah.gov.

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	 MARCH			1 CD – Arts & Crafts 9 Food \$ense 11 GY – Lapidary 8:30 Grocery Shopping 12:30 ND – Theatre Thursday 12	2 CD – Arthritis Exercise 9 Movie 12:30 GY – Stained Glass 9 Line Dancing 9:30 ND – Celebrate Dr. Seuss 11	3
4	5 CD – Oil Painting 9 Game Day 2 GY – Yoga 10 Bingo 12:30 Oil Painting 1 ND – Texas Hold ‘em 12 Bingo 12:30	6 CD – Square Dancing 12:30 GY – Zumba 9:30 Senior Fraud class 10 ND – Boredom Buster Games 12:15 Shopping 12:30	7 CD – Watercolor 9:30 Blood Pressure 10:30 GY – Senior Social 11:15 ND – Art Class 9 Tech Lab 10 Bingo 12:30	8 CD – Tai Chi 9:30 **Road Trip: Trader Joe’s 12 GY – Lapidary 8:30 Blood Pressure 11 ND – Food \$ense 10:30	9 CD – **AARP Smart Driver 10-2:30 GY – Sit n Fit 8:30 Howard’s Band 11:30 ND – Crafty Corner 10:30	10
11	12 CD – DUP 10 Tai Chi 1 GY – Dancing Grannies 9 Pencil Art 9 ND – **Lunch at Larry’s Spring Chicken Inn – Morgan 11	13 CD – Lifetime Fit 9 Square Dancing 12:30 GY – Razmataz Hotsies Percussion Band 10:30 ND – Blood Pressure 10:30	14 CD – Memory Magic 10:30 Food Addicts 6:30-8 p.m. GY – Positive Aging 4:45 ND – Art Class 9 Wii Wednesday 10:30	15 CD – Tai Chi 9:30 Food \$ense 11 GY – Sing-a-long 10:30 Arthritis Class 12:30 ND – Pinochle 10 Theatre Thursday 12	16 CD – Lapidary 8:30 Ceramics 12 GY – Golden Years Jazz Band 10:30 Movie 12:30 ND – Green Parade 11:15	17
18	19 CD – Bingo 10:15 Game Day 2 GY – Stained Glass 9 ND – Chancellor Gardens presentation 11:15	20 CD – Art 9 Tax Appointments 8-5 GY – Sit n Fit 8:30 Woodcarving 9 ND – Tinker Tuesday 10:30 Shopping 12:30 Line Dancing 1	21 CD – Watercolor 9:30 Ceramics 12 GY – Line Dancing 10 ND – Tech Lab 10 Wii Wednesday 10:30	22 CD – Wire Wrapping 8:30 Reiki 10:30 GY – Dancing Grannies 8:30 Lapidary 8:30 ND – Pinochle 10 Food \$ense 10:30	23 CD – Arthritis Ex 9 Internet 101 9:30 GY – Watercolor 9 Tai Chi 9:30 ND – Texas Hold ‘em 12 Bingo 12:30	24
25	26 CD – Lunch / Trivia of the Day 11:30 Tai Chi 1 GY – Oil Painting 1 ND – **Pointilism Craft & Design 10	27 CD – Square Dancing 12:30 GY – Zumba 9:30 Book Club 12:30 ND – China Painting 9 Blood Pressure 10:30 Line Dancing 1	28 CD – Lifetime Fit 9 Food Addicts 6:30-8 p.m. GY – Ceramics 9 Bingo 12:30 ND – **Lunch at Rusted Spoon 10:30	29 CD – Arts & Crafts 9 Tai Chi 9:30 GY – Lapidary 8:30 Arthritis Class 12:30 ND – Theatre Thursday 12	30 **CD, GY & ND March Birthday Party CD – Bingo 10:15 GY – Stained Glass 9 ND – Bingo 12:30	31
** Call Senior Activity Center to Make Reservation (Note: Not all activities are listed on this consolidated calendar, activities are subject to change)						

CD ~ Central Davis
(801) 444-2290
81 East Center Street
Kaysville, UT 84037

GY ~ Golden Years
(801) 451-3660
726 South 100 East
Bountiful, UT 84010

ND ~ North Davis
(801) 525-5080
42 South State Street
Clearfield, UT 84015

MARCH 2018
Caring in
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Caregiver Assistance News
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Communication & Confidentiality

Most likely, you have been exposed to some of the concepts of HIPAA (Health Insurance Portability and Accountability Act) at some point in recent years. Perhaps you have been asked to sign a HIPAA form when you arrived at a doctor's office or emergency room, or signed into a hospital as a patient. What is HIPAA all about?

Although ethical health care facilities and providers have always practiced confidentiality when it comes to patient matters, HIPAA mandates by law *how* this must be done. The Health Insurance Portability and Accountability Act of 1996, like many laws, contains many items. Our concern here is the "privacy rule."

Implemented in 2003, HIPAA is both federal law and a national standard for the health care industry. It spells out certain *rights* for individual patients of all ages. It also *penalizes and fines* health care providers and facilities that do not follow the rules outlined by HIPAA. Under HIPAA, patients can find out *how* their information is being used and *who* it is being shared with. Patients can establish a time limit on the release of this information. In addition, the law specifies a patient's right to examine and obtain his records in a timely fashion. This applies whether the patient record is paper or on a computer. Additionally, the law



provides for individuals to dispute errors in their health care records, and to file complaints if they believe their privacy has been violated.

The Privacy Rule

There are limits to the information that can be shared under the HIPAA privacy law. If the health care provider "deems" it in the patient's best interest or believes the release of certain information would endanger or harm the patient, it may be withheld in some cases. Health care providers and organizations are allowed to require that patients make requests in writing. Psychiatric care notes, information gathered for use in legal proceedings, and certain laboratory information (such as HIV status) can be withheld. Certain information collected in research studies can also be withheld. Information and records can also be withheld if the health care provider cannot verify the identity of the person

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Caregiver newsletter offered through Davis County Senior Services

by Megan **FORBUSH**
DCHD Senior Services

You may be aware of the programs and services that Davis County Senior Services has to offer such as the home delivered meals program, exercise classes at the senior activity centers, self-management classes for chronic conditions, and a variety of in-home services to help frail individuals with homemaking and personal care needs. But, did you know we offer a free newsletter for caregivers?

The caregiver newsletter is sent out monthly and can be delivered through the mail or electronically through email. Each newsletter contains information about taking care of the older adult or the

caregiver. Topics include caregiver burnout and stress, healthy eating, physical activity for older adults, emergency preparedness, summer and winter safety tips, lifting and transferring guidelines, etc.

The newsletter also can help you stay connected to your community. Each newsletter provides information for support groups, caregiver classes, and other events going on in Davis County.

If you'd like to receive the newsletter, please call our main number at 801-525-5050, option 5, or email daviscaregiver@daviscountyutah.gov. If interested in the other programs and services offered through Davis County Senior Services, call 801-525-5050, option 5, and a case manager will be available to assist you.

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become addicted to them very easily. If you are prescribed any opioids, talk to your doctor to understand the correct dose and how long to take them. Be sure to lock these up and not share them with anyone.

Laundry pods are a concern because younger grandchildren and even teenagers are putting them in their mouths. If they eat or swallow them, they will damage their internal organs. These pods contain laundry detergent that smells good and is usually colorful. The detergent is highly concentrated and toxic.

If a poisoning happens, remember to stay calm. Call the Poison Control Center at 1-800-222-1222. If the person is unconscious, call 911 immediately. Make sure you have the bottle in your hand and read the information off the label so the operator can know what the person has taken.

Take a few minutes now to prevent problems for yourself and your family when they come to visit.

Gala tickets on sale starting mid-March

This year's 11th annual Senior Gala Dinner-Dance sponsored by Davis County Health Department's Senior Services will be held on Wednesday, April 25, 6-9 p.m. The festive evening includes dinner and dancing along with the musical talents of Davis High School's Moonlight Orchestra, Moonlight Singers, and Moonlight Dancers. Tickets will be available for purchase in mid-March at your local senior activity center.



Davis
COUNTY

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Kristy Cottrell, Division Director

Bob Ballew, DCHD Public Information Officer

Mailing Address

P.O. Box 618, Farmington, UT 84025

Physical Address

22 S. State Street, Clearfield, UT 84015

(801) 525-5050

All issues of Senior Living are available at www.daviscountyutah.gov/senior_living

OPENING SPRING 2018



Assisted living, memory care and respite services in Bountiful, Utah.

Assisted Living Services

Creekside offers a wide range of personalized assisted living services. Each resident meets with licensed health and wellness staff to develop a care plan to meet their individual needs. Whether your goal is improving health, maintaining your current lifestyle, or simply taking advantage of our exceptional services, Creekside will help develop an ideal plan for you.

Memory Care

Creekside Senior Living is designed to provide a home-like ambiance within a secured setting, designed specifically for residents with memory impairment or residents needing a managed care environment.

Full Creekside Amenities

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